A One-Portion Food Table

BY

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INTRODUCTION

THE One-portion Food Table is the result of several years' work with high school students in attempting to make the work on food and nutrition valuable, understandable and interesting to the students as well as the families from which they come.

An article which recently appeared in the Brooklyn Daily Eagle entitled, "The Efficiency of Food," has given the idea some publicity and created a demand for the table among physicians, dietitians, and dietetic and domestic science schools. For this reason it is now offered to the public.

The computations were made from Bulletin No. 28 (Revised Edition) of the office of experiment stations of the Department of Agriculture, and "Diet List," Battle Creek Sanitarium, Battle Creek, Michigan. Corrections and suggestions will be appreciated.

Thanks are due to Misses M. A. and C. S. Young, Teachers of Biology, Erasmus Hall High School, Brooklyn, N. Y.; Miss Lenna F. Cooper, Director of Domestic Science, Battle Creek Sanitarium, Battle Creek, Michigan; Florence G. Rexford; Prof. W. H. Lennon, Brockport, N. Y., and Dr. B. S. Oppenheimer, 2345 Broadway, New York City.

F. A. R.

Excerpt from "The Efficiency of Food":

DIETARY STANDARDS.

Several dietitians have established standards which tell us just how much of each nutrient an average man should have daily. These standards differ considerably, but all are necessarily based on the fact that a certain amount of proteid is necessary daily, and, added to that proteid, a man must have enough fat and carbohydrates to give him the required amount of heat, energy or power commonly spoken of as fuel value. This fuel value is measured in calories, or heat units, the same as distance is measured in inches or liquids in quarts.

HIGH PROTEID VERSUS THE LOW PROTEID RATION

A high proteid ration consists of three to five ounces of proteid daily, and enough fat and carbohydrates added to make up a total fuel value of 3,500 to 4,000 calories or units of fuel value, while the low proteid ration contains two to two and a half ounces of proteid, daily, and enough of the fat and carbohydrates to make up a total of 2,500 to 3,000 units of fuel value. One dietitian states that he goes as low as one ounce

of proteid and 1,000 calories. These standards are for an average man weighing 165 pounds.

LOW PROTEID RATION PREFERABLE

The chief danger American people have to avoid is stuffing, or overeating. Very few of us are undergoing proteid starvation, while, on the other hand, the most of us are eating an excess of proteid and the fuel value is poorly regulated. Professor Chittenden of Yale University has conducted some very extensive experiments on all sorts and conditions of men and has proven quite conclusively that these statements are correct. According to his experiments an average man may be sustained, gain strength and not lose weight on the low proteid diet previously mentioned. Another and more logical way of stating it, perhaps, may be this: 1-80 OF AN OUNCE OF PROTEID FOR EACH POUND A PERSON WEIGHTS AND ENOUGH OF THE FUEL FOODS ADDED TO MAKE UP A TOTAL OF 2,500 TO 3,000 CALORIES.

DANGERS OF EXCESSIVE FEEDING

More than two and one-half ounces of proteid daily is injurious to the body, it would seem, since it cannot be used in re-

pairing worn out parts beyond that extent; and the waste matters formed by the excess of proteid are uric acid and other poisonous substances, which, if cast into the blood, are harmful and overwork the kidneys.

Excess of carbohydrates is undesirable because of the fact that this usually means an accumulation of fat in the body.

HOW ARE WE TO KNOW?

Professor Atwater (now deceased) of the United States Department of Agriculture did a most valuable work in the analysis of foods. Bulletin No. 28, revised edition, gives very complete analyses of foods and may be had for ten cents. Farmers Bulletin No. 142, which is also very good, though not so extensive, may be had for the asking, and any public library can furnish a copy of Chittenden's Nutrition of Man. Most of the tables found in these books, however, are somewhat technical and not easy translated by the average reader. The table which is here given is a brief translation, which is really an attempt to let down the technical terms to the understanding of those who are interested.

KEEPING A DIETARY

It is unwise to make a sudden change in diet. The better way is to faithfully take account of what one actually eats each day for several days and strike an average; then gradually work toward the proper requirements. If too high in proteids let up or go easy on the foods which contain large proportions of proteids. If the calories do not total to the right amount, increase or decrease as the case demands the fats and carbohydrates.

FOODS PRIMARILY OF PLANT ORIGIN

FOOD AS WE EAT IT	Weight of Ordinary Helping	Of This the Body Can Use			This Portion Can Yield to the Body in ENERGY AND HEAT UNITS
		Muscle Builder	For Heat and Energy		
		PROTEID	FAT	CARBOHY-DRATES (Starch and Sugar)	
BREADS	Ounces	Ounces	Ounces	Ounces	Calories
Biscuit, cream	2.33	.2	.2	1.	203.9
" homemade	2.	.17	.05	1.1	162.5
" soda	2.	.19	.27	1.05	216.3
Buns, hot cross	1.25	.1	.06	.6	99.6
Bread, corn	2.	.16	.09	.93	150.6
" graham	2.	.18	.04	1.04	151.3
" homemade	2.	.18	.03	1.07	153.1
" whole wheat	2.	.19	.02	.99	142.5
" zwieback	1.	.1	.1	.74	123.2
" plain rolls	2.	.19	.08	1.2	182.8
Crackers, graham	1.	.1	.09	.74	122.2

Crackers, oatmeal	1.	.12	.11	.69	123.1
" pretzels	1.	.1	.04	.73	106.3
" saltines	1.	.11	.13	.69	125.3
" soda	1.	.1	.09	.73	120.3
Toast, cream	5.	.2	.56	.6	238.5
" dry	.5	.06	.008	.3	44.4
CAKE					
Chocolate layer	2.5	.14	.2	1.6	257.8
Coffee	2.	.14	.15	1.26	203.1
Cookies, molasses	1.75	.13	.16	1.32	209.
" sugar	1.5	.11	.15	1.1	180.
Doughnuts	1.75	.12	.37	.93	218.8
Frosted	2.	.12	.18	1.3	211.9
Fruit	2.	.12	.22	1.28	220.
Gingerbread	2.	.12	.18	1.37	208.8
Jelly roll	3.	.15	.12	2.19	301.2
Lady fingers	.5	.04	.03	.35	52.7
Macaroons	1.	.07	.15	.65	123.4
Sponge	1.5	.09	.16	.9	168.3
CEREALS					
Corn flakes	.75	.07	.003	.59	77.6

FOODS PRIMARILY OF PLANT ORIGIN—*Continued*

FOOD AS WE EAT IT	Weight of Ordinary Helping	Of This the Body Can Use			This Portion Can Yield to the Body in ENERGY AND HEAT UNITS
		Muscle Builder	For Heat and Energy		
		PROTEID	FAT	CARBOHYDRATES (Starch and Sugar)	
CEREALS—Continued	Ounces	Ounces	Ounces	Ounces	Calories
Oatmeal	4.25	.13	.02	.49	76.5
Wheat flakes	.75	.1	.01	.56	79.2
Shredded wheat (2)	2.	.21	.03	1.56	212.5
Farina	4.	.44	.06	2.98	421.2
FRUIT					
Apple, baked	3.25	.02	.02	.78	98.5
" fresh	5.5	.02	.02	.78	99.6
" sauce	3.5	.01	.03	1.3	76.1
Bananas	3.5	.05	.02	.77	100.8
Cherries	2.	.03	.01	.44	45.6

Cranberries	3.	.01	.02	.3	40.3
Dates	1.75	.04	.05	.59	177.6
Figs	2.	.09	.01	1.5	184.4
Grape fruit	3.75	.03	.01	.37	49.5
Grapes	5.	.05	.06	.71	104.5
Huckleberries	3.	.02	.02	.5	64.6
Olives, green	1.33	.01	.37	.15	116.3
" ripe	1.33	.02	.33	.06	100.1
Oranges	5.	.04	.01	.58	75.
Peaches, cooked	3.5	.04	.04	.54	73.2
Prunes, "	3.75	.03	.004	.85	103.1
Raspberries, black	4.	.07	.04	.5	77.2
" red	3.5	.04		.44	55.7
Strawberries, fresh	4.25	.04	.03	.31	48.5
JELLY					
Cranberry	2.	.01	.01	.85	102.2
Currant	1.	.01		.77	91.3
Cherry	1.	.01		.21	90.9
Orange	2.75			.85	100.1
Peach	3.5	.02	.05	.74	98.4

FOODS PRIMARILY OF PLANT ORIGIN *Continued*

FOOD AS WE EAT IT	Weight of Ordinary Helping	Of This the Body Can Use			This Portion Can Yield to the Body in ENERGY AND HEAT UNITS
		Muscle Builder	For Heat and Energy		
		PROTEID	FAT	CARBOHY-DRATES (Starch and Sugar)	
MISCELLANEOUS	Ounces	Ounces	Ounces	Ounces	Calories
Brown gravy	2.25	.03	.26	.07	81.2
Cocoa, without sugar	5.	.11	.33	.19	123.
Macaroni	2.75	.36	.02	2.	286.2
" with cheese	2.75	.26	.16	.42	122.4
Mayonnaise dressing, (cooked)	1.25	.07	.32	.03	96.
Salad dressing (French)	.5		.74	.02	100.4
NUTS					
Almonds	.25	.05	.14	.04	47.8
Beech	.5	.11	.29	.07	97.

Brazil	.5	.09	.33	.04	103.
Butter	.5	.14	.31	.02	99.9
Filberts	.5	.08	.33	.07	103.7
Hickory	.5	.08	.34	.06	105.5
Peanuts	.5	.13	.19	.12	80.1
Pecan	.5	.06	.36	.07	108.9
English walnuts	.5	.08	.32	.08	103.4
PICKLES					
Cucumber	1.25	.006	.004	.03	5.4
Mixed	1.	.01	.004	.04	6.9
Spiced	1.	.004	.001	.21	24.7
PIE					
Apple	4.5	.29	.31	1.44	282.8
Blueberry	3.87	.15	.19	1.5	237.
Cream	4.	.18	.46	2.05	380.
Custard	4.	.17	.25	1.	207.2
Lemon	4.	.14	.4	1.4	297.2
Mince	5.	.65	.42	1.51	362.
Pumpkin	5.	.15	.15	1.	177.
Raisin	5.	.15	.56	2.36	439.5
Squash	5.	.22	.42	1.08	262.5

FOOD AS WE EAT IT	Weight of Ordinary Helping	Of This the Body Can Use			This Portion Can Yield to the Body in ENERGY AND HEAT UNITS
		Muscle Builder	For Heat and Energy		
		PROTEID	FAT	CARBOHYDRATES (Starch and Sugar)	
PUDDING	Ounces	Ounces	Ounces	Ounces	Calories
Blanc Mange (chocolate)	3.5	.1	.3	.49	148.8
Bread	3.5	.19	.42	.57	131.6
Custard	3.25	.16	.16	.35	102.4
Date	2.5	.15	.23	1.4	243.
Fig	2.75	.11	.17	.82	150.4
Indian Meal	3.25	.18	.16	.89	165.5
Rice	3.25	.12	.28	.55	149.5
Snow	2.5	.1	.07	.35	75.9
Tapioca	3.25	.11	.1	.92	146.3
" and apples	3.25	.01	.003	.95	112.4

SALAD					
Egg Mayonnaise	2.25	.26	.25	.02	100.1
Date and apple	2.25	.05	.05	.87	121.7
" " Walnut	1.25	.63	.16	.62	124.1
Fruit	2.25	.04	.02	.52	70.4
Potato	2.25	.09	.22	.29	102.1
String bean	1.75	.01	.33	.04	95.7
Tomato (with Mayonnaise)	4.	.06	.16	.15	67.6
SOUP					
Bean	4.75	.38	.07	1.	182.8
Cream of Celery	4.75	.11	.34	.17	124.8
" " Corn	4.75	.14	.33	.4	152.
Lentil	4.75	.23	.25	.48	161.5
Potato	4.75	.11	.03	.37	146.8
Tomato	4.75	.13	.12	.33	91.2
Vegetable (canned)	4.75	.13		.02	192.8
SUGARS					
Candy (caramel)	1.	.05		.81	100.4
" (chocolate)	1.	.01	.01	.73	90.
Honey	1.63	.1		1.32	155.2
Maple sugar	1.			.83	96.6

FOODS PRIMARILY OF PLANT ORIGIN– *Continued*

FOOD AS WE EAT IT	Weight of Ordinary Helping	Of This the Body Can Use			This Portion Can Yield to the Body in ENERGY AND HEAT UNITS
		Muscle Builder	For Heat and Energy		
		PROTEID	FAT	CARBOHYDRATES (Starch and Sugar)	
SUGARS—Continued	Ounces	Ounces	Ounces	Ounces	Calories
" syrup	1.25			.89	103.9
Sugar (gran. or loaf).....	.25			.25	27.
VEGETABLES					
Asparagus (on toast)	4.	.18	.4	.64	202.8
Beans (baked)	3.25	.31	.18	1.08	182.
Beets	2.25	.05	.002	.15	26.1
Cabbage (boiled)	4.	.03	.09	.06	35.2
Celery	1.	.01	.003	.04	5.5
Corn (canned)	2.75	.08	.03	.52	74.25
Egg Plant	1.5	.09	.15	.48	106.5

Onions (boiled)	2.5	.03	.11	.13	26.3
Parsnips (browned)	3.	.05	.13	.29	75.6
" (creamed)	3.	.03	.07	.44	79.
Peas (green)	3.	.13	.1	.2	103.2
Potatoes, baked	3.	.1	.01	.86	98.1
" boiled	3.	.08	.01	.73	82.8
" browned	3.25	.11	.06	.82	123.5
" mashed	3.25	.09	.26	.68	103.4
Succotash	3.	.11	.03	.56	78.
Turnips, mashed	4.	.02	.11	.11	24.4
Tomatoes, sliced	4.	.04	.04	.18	26.8

FOODS PRIMARILY OF ANIMAL ORIGIN

BEEF

Chuck	3.	.57	.4		172.5
Corned	2.	.21	.52		174.2
Dried	1.	.26	.07		49.4
Flank	2.25	.44	.47		176.4
Heart	1.	.16	.2		72.5
Liver	2.	.41	.09	.03	75.6
Round	2.25	.43	.29		125.2

FOODS PRIMARILY OF ANIMAL ORIGIN—*Continued*

FOOD AS WE EAT IT	Weight of Ordinary Helping	Of This the Body Can Use			This Portion Can Yield to the Body in ENERGY AND HEAT UNITS
		Muscle Builder	For Heat and Energy		
		PROTEID	FAT	CARBOHY-DRATES (Starch and Sugar)	
BEEF—Continued	Ounces	Ounces	Ounces	Ounces	Calories
Sirloin	2.25	.37	.36		137.1
Tongue (pickled)	2.	.21	.41	.	138.
Tripe	3.	.38	.04	.01	60.4
DAIRY PRODUCTS					
Butter	.5	.05	.43		112.5
Buttermilk	6.	.18	.03	.29	61.9
Cheese, Cottage	2.	.31	.09	.09	74.6
" Full cream	1.	.26	.34	.02	122.4
" Neuchatel	2.	.37	.55	.03	191.3
" Pineapple	2.	.6	.78	.05	280.6

Cream (table spoon)	.5	.01	.17	.02	26.
Milk, condensed (sweetened)	.25	.02	.02.	.14	23.8
" condensed (unsweetened)	.25	.02	.02	.03	10.6
" skimmed	6.5	.22	.02	.33	71.3
" whole	6.	.19	.24	.3	123.6
Oleomargarine	.5		.4		110.2
Whipped cream	.5	.13	.09	.05	31.1
EGGS					
Boiled (2 eggs)	4.75	.64	.5		227.1
Omelet	4.	.48	.88	.03	296.
Poached	1.25	.18	.15		60.4
" on toast	2.5	.3	.17	.29	144.4
Scrambled	2.	.24	.17	.03	78.5
Uncooked (2 eggs)	4.75	.63	.57		225.6
FISH					
Bluefish	5.	1.3	.23		209.4
Cod	5.	.32	.02		101.6
Halibut (steak)	3.	.56	.16		105.9
Salmon (canned)	2.	.44	.24		114.1

FOODS PRIMARILY OF ANIMAL ORIGIN - *Continued*

FOOD AS WE EAT IT	Weight of Ordinary Helping	Of This the Body Can Use			This Portion Can Yield to the Body in ENERGY AND HEAT UNITS
		Muscle Builder	For Heat and Energy		
		PROTEID	FAT	CARBOHYDRATES (Starch and Sugar)	
FISH Continued	Ounces	Ounces	Ounces	Ounces	Calories
Shad	2.25	.42	.22		104.9
Trout (brook)	1.75	.33	.36		135.9
FOWL					
Chicken, broilers	3.5	.75	.09		110.5
" fricasseed	3.5	.62	.4	.08	187.
Goose	2.75	.43	.98		312.1
Turkey	1.25	.26	.26		104.
LAMB					
Chops (broiled)	2.	.43	.59		210.
Leg	3.5	.67	.44		194.3

MUTTON				
Leg	2.5	.62	.51	108.
PORK				
Bacon	1.	.1	.66	188.6
Chops	3.	.47	.95	309.
Ham, lean	2.25	.49	.55	203.2
SHELL FISH				
Clams	3.75	.24	.02	32.2
Lobster	2.	.32	.04	47.6
Oysters	3.5	.21	.04	36.4
VEAL				
Breast (lean)	2.5	.38	.25	104.8
Cutlets	3.5	.7	.26	152.
Leg	2.5	.65	.1	104.
Liver	3.	.56	.17	107.1

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